


THE SENIOR CENTER CALENDAR – JULY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise WEAR RED TODAY	9:00 Needlework 8:30-11:15 SCAVENGER HUNT YOGA CANCELLED 10:00-11:00 Computer Assistance 10:30 CRAFTS - LAVADA WALL 11:15 BRING YOUR SYMBOL TO DINING ROOM FOR A PRIZE WEAR WHITE TODAY	8:30 Wednesday Walk 8:45 Aerobics 9:00 Stitchery 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise 1:00 RED, WHITE,& BLUE BINGO WEAR BLUE TODAY	CLOSED IN OBSERVANCE OF 4TH OF JULY 	8:45 Aerobics 9:00 SilverStriders 10:00 Fun/Fellowship/Singing 12:30 Slow-moving Exercise 1:00 Wii FUN WEAR RED, WHITE, AND BLUE
8:45 Aerobics 9-11 BLOOD PRESSURE CHECK 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise 5:30 ZUMBA (NEW)	9:00 Needlework 10:00-11:00 Computer Assistance 10:00 Yoga 10:30 “USE IT OR LOSE IT” TRIVIA FUN NO DIABETIC SUPPORT MTG.	8:30 Wednesday Walk 8:45 Aerobics 9:00 Stitchery 10:00 Line Dancing 10:00 ARCHERY PRACTICE 12:30 Oil Art Group 12:30 Slow-moving Exercise	9:00 Needlework 10:30 CRAFTS - LAVADA WALL 11:15 CHAIR EXERCISE 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 1:00 JUST DANCE	8:45 Aerobics 9:00 SilverStriders 10:00 Fun/Fellowship/Singing 10:30 SENIOR GAMES COMMITTEE MEETING 12:30 Slow-moving Exercise 1:00 “DOG DAYS OF SUMMER” MOVIE: “THE SHAGGY DOG”
8:45 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet 10:30 RECIPE CLUB 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise 5:30 ZUMBA (NEW)	9:00 Needlework 10:00-11:00 Computer Assistance 10:00 Yoga 10:30 “PREVENTIVE MAINTENCE & SAVING ENERGY – FOR YOUR AIR CONDITIONER” PROGRAM 5:15 MEET & EAT CLUB	8:30 Wednesday Walk 8:45 Aerobics 9:00 Stitchery 9:30 TEA PARTY 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise	9:00 Needlework 10:30 LEMONADE & LAUGHS 11:15 CHAIR EXERCISE 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 1:00 JUST DANCE	8:45 Aerobics 9:00 SilverStriders 10:00 Fun/Fellowship/Singing 10:30 BOOK CLUB 11:15 CHAIR EXERCISE 12:30 Slow-moving Exercise
8:45 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise 1:00 ICE CREAM SUNDAE 5:30 ZUMBA (NEW)	9:00 Needlework 10:00-11:00 Computer Assistance 10:00 Yoga 10:30 “USE IT OR LOSE IT” TRIVIA FUN 7:00 OWLS BALLGAME TONIGHT	8:30 Wednesday Walk 8:45 Aerobics 9:00 Stitchery 10:00 Line Dancing 10:30 MAGAZINE SCAVENGER HUNT 12:30 Oil Art Group 12:30 Slow-moving Exercise	9:00 Needlework 10:30 CHAIR VOLLEYBALL 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 1:00 JUST DANCE 1:00 Wii FUN 1:00 TRIP TO FARMER’S MARKET	8:45 Aerobics 9:00 SilverStriders 10:00 Fun/Fellowship/Singing 12:30 Slow-moving Exercise 1:00 “DOG DAYS OF SUMMER” MOVIE: MARLEY & ME
8:45 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise 5:30 ZUMBA (NEW)	9:00 Needlework 10:00-11:00 Computer Assistance 10:00 Yoga 10:30 BRING YOUR TRAVEL & VACATION PHOTOS 11:15 CHAIR EXERCISE	8:30 Wednesday Walk 8:45 Aerobics 9:00 Stitchery 10:00 Line Dancing 10:30 DRAMA TEAM 12:30 Oil Art Group 12:30 Slow-moving Exercise		HOURS OF OPERATION: <u>Mondays</u> 7:30 a.m. – 5:00 p.m. <u>Tuesday - Fridays</u> 8:30 a.m. – 5:00 p.m.
DAILY DROP-IN EVENTS			<div>For Additional Information Call 287-6409</div>	BY APPOINTMENT Medicare Assistance <i>by a Certified SHIP Counselor</i>
Billiards Board Games Bocce Ball Horseshoes	Table Tennis Playing Cards Walking Trail Shuffleboard	Newspaper & Magazines Coupon Room Computer Lab Chair Fitness Videos		

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